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What stress can cost you long term. 19

Rangers far from perfect right now. 21

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A NEW WAY TO WATCH ...

AND HEAR AND SMELL AND FEEL

New York City's first 4DX movie theater is coming to Regal Union Square this month. 6

GETTY IMAGES

3 THINGS YOU NEED TO KNOW

SCOTUS OVERTURNS GAY PARENTAL RIGHTS RULING

1 The Supreme Court on Monday overturned an Alabama judicial ruling that had refused to recognize a gay woman's parental rights over three children she adopted with her lesbian partner and raised from birth. The court took the relatively unusual step of reversing the Alabama Supreme Court without hearing oral arguments in the case. Cases are decided in that fashion when a lower court ruling is considered to be particularly counter to Supreme Court precedents. None of the eight justices dissented. The adoptive mother, identified in court papers as V.L., said she was overjoyed with the ruling. "When the Alabama court said my adoption was invalid and I wasn't their mother, I didn't think I could go on. The Supreme Court has done what's right for my family," she said in a statement. The court said in an unsigned opinion the Alabama court was required to recognize the woman's parental rights because they had been legally endorsed by a court in Georgia. REUTERS

TWITTER PRAISED FOR CRACKING DOWN ON ISIS

2 Officials with the nonprofit Simon Wiesenthal Center praised Twitter Inc. on Monday for increasing efforts to thwart the Islamic State's use of its platform for recruitment and propaganda. The center's Digital Terrorism and Hate Project gave Twitter a grade of "B" in a report card of social networking companies' efforts to fight online activity by militant groups such as ISIS. "We think they are definitely heading in the right direction," the project's director, Rabbi Abraham Cooper, told Reuters ahead of Monday's release of the report card at a press conference in New York. He said the review was based on steps that Twitter has already taken and information that center staff learned in face-to-face meetings with company representatives. REUTERS

US AIR STRIKE KILLS 150 TERRORISTS

3 The United States has carried out an air strike in Somalia, killing more than 150 fighters with the al Qaeda-linked Islamist group al Shabaab, following U.S. intelligence on preparations for a large-scale militant attack, the Pentagon said Monday. The weekend strike using both manned and unmanned drone aircraft targeted al Shabaab's "Raso" training camp, a facility about 120 miles north of the capital Mogadishu, the Pentagon said. The U.S. military said it had been monitoring the camp for several weeks before the strike and had gathered intelligence, including knowledge about an imminent threat posed by the trainees. "We know they were going to be departing the camp and that they posed an imminent threat to U.S. and to Amisom, African Union mission in Somalia forces, that are in Somalia," said Pentagon spokesman Cpt. Jeff Davis. Davis declined to disclose any specific information the United States might have about the group's intended target. REUTERS

New office projects have replaced prospective residential development in some of the most high-profile areas of Brooklyn. GETTY IMAGES

Brooklyn real estate market gets 'biz'-ier

The borough's office space is expected to grow by more than 14 percent in the next three years.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

Brooklyn is no longer just a hot bed for residential real estate, the borough is now transforming its landscape to meet the needs of new office projects expected to create a competitive office market in the upcoming years, according to a new report.

JLL — a financial and professional services firm — released its Brooklyn Office Outlook 2015 report, which highlights the idea that new office projects have replaced prospective residential development in some of the most high-profile areas of Brooklyn.

According to JLL, the borough's commercial office space is expected to grow by more than 14 percent during the next three years.

14%
COMMERCIAL OFFICE SPACE GROWTH EXPECTATIONS

4%
DOWNTOWN BROOKLYN VACANCY RATE

Office building developments

In the report, one of the developments highlighted was 420 Albee Square West — which originally was slated to become a multifamily project but will now be the first ground-up speculative office development in Downtown Brooklyn in decades. Developer JEMB Realty will erect a 475,000-square-foot, 40-story office building at the site.

Downtown Brooklyn currently has a vacancy rate of 4 percent — among the lowest in the country — meaning that although there is a high demand, there is a need for new office spaces in the area. Other areas of Brooklyn have higher rates, such as Williamsburg with a vacancy rate of 48.3 percent and the Flushing Avenue Corridor with 26.9 percent.

Another development that changed plans was 10 Jay St. in Dumbo, which went from being a residential project to now an office space, expected to be complete by late 2016.

Big and bold

According to the report, the Flushing Avenue Corridor of Brooklyn will also go from its current make-up of industrial buildings, to being reimagined as close to 700,000 square feet of office, flex and retail space by 2017.

Companies have also decided to continue calling Brooklyn home such as co-working space WeWork, which leased a 76,580-square-foot space at 195 Montague St. in Downtown Brooklyn. WeWork also has spaces in Dumbo, the Brooklyn Navy Yard and Williamsburg.

Amazon also leased a 54,250-square-foot space — to be used for light distribution and warehousing — at 850 Third Ave. in the south Brooklyn waterfront.

Based on data from the report, Brooklyn currently has about 32,863,473 square feet of office space and has 3,658,255 square feet under construction or renovation.

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NJ Transit strike to cost New York millions per hour: Business group

Unions have so far failed to reach an agreement and if they don't, workers will walk off the job this Sunday.

$5,900,000

THE COST PER HOUR TO NEW YORK CITY IN THE EVENT OF A NEW JERSEY TRANSIT STRIKE

A potential strike by transport unions that would shut down access to commuters trying to reach New York City from neighboring New Jersey would cost the city's businesses $5.9 million per hour, an influential business group said on Monday.

The loss of productivity would be felt most keenly in the city's dominant financial sector, with losses reaching $1.9 million for a one-hour delay, according to the analysis by Partnership for New York City.

"A transit strike is among the most expensive events that can happen to New York City," said Kathryn Wylde, president and chief executive of the organization, which represents many of the city's biggest corporations.

Transport unions failed to reach an agreement with representatives of NJ Transit, which runs rail and bus links into the city, during talks with federal arbitrators in Washington, D.C., on Friday.

In the absence of a pact this week, unions have said they will walk off the job Sunday.

Unions are asking for 2.5 percent annual pay rises in return for increases in employee health care contributions. They say that is their final offer and they will not accept the 0.6 percent they say NJ Transit is offering.

NJ Transit officials released an emergency plan last week but warned they could only accommodate 38 percent of normal traffic. A strike would displace over 100,000 commuters and lead to snarl-ups on roads and serious overcrowding on alternative public transportation routes, they said.

Officials said a shutdown could force an additional 10,000 cars per hour into rush-hour traffic during peak times, creating tail backs stretching more than 20 miles into New Jersey as drivers jostle to pass through limited crossing points into Manhattan. REUTERS

New Jersey commuters purchase their train tickets at the kiosks located in the New Jersey Transit 7th Avenue waiting area inside Penn Station. GETTY IMAGES

Order outlines transgender use of city-owned restrooms

Mayor Bill de Blasio signed an executive order requiring all city-owned facilities to allow transgender and gender-nonconforming individuals to freely use single-sex bathrooms consistent with their gender identity.

Monday's executive order, which includes city agency offices, public parks, pools, playgrounds, certain museums and recreation centers, means that the transgender population will not have to show identification, medical documentation or any other form of proof or verification of gender to use a single-sex facility, the mayor's office reported.

Transgender people no longer have to show proof of gender to use a single-sex facility. FLICKR

"Access to bathrooms and other single-sex facilities is a fundamental human right that should not be restricted or denied to anyone," de Blasio said.

While the new executive order applied to city-owned entities, the New York City Commission on Human Rights recently clarified that any employer, housing provider or public accommodation that denied bathroom access based on gender identity could be prosecuted, the mayor's office added.

The latest executive order required city agencies to post the new single-sex facility policy within three months, train managers on the policy within a year and train frontline staff on the policy within two years, the mayor's office added.

Based on New York City's Human Rights Law, other gender identity violations include failing to use an individual's preferred name or pronoun, failing to provide health care benefits that cover gender-affirming care or enforcing appearance standards that impose different requirements based on sex or gender, according to the mayor's office. JASON NUCKOLLS

BRIEF

Brooklyn father accused of torturing son with Legos

Police have arrested a Brooklyn man for allegedly torturing his 3-year-old son by shooting him with a pellet gun, burning and whipping him and forcing him to kneel on Legos until he bled.

Leonardo Decouite, 23, now faces multiple assault counts after police took him into custody around 4 a.m. on Sunday in Brownsville when the child's grandmother called authorities, the New York Daily News reported.

The 3-year-old's mother, Kiana Mohansingh, 20, also faces charges, police said. Sources said that she did not get treatment for her son's injuries.

Decouite is accused of forcing the child to kneel on Legos until the toy blocks split his skin, the Daily News stated, adding that Decouite also allegedly shot the 3-year-old with a pellet gun, whipped him with a cable and belt and burned his feet. Decouite has been charged with four counts of assault, the New York Post reported. He also has more than a dozen sealed arrests.

Most recently, he was charged with dealing marijuana in Brooklyn this past November. JASON NUCKOLLS

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First 4DX theater in NYC opens this month

The technology uses special effects including motion-activated seats, wind, fog, rain, lightning, vibration and scents.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

New York cinephiles can prepare themselves for a new way to enjoy movies that makes them feel like they're in the middle of all the action.

CJ 4DPLEX, the world's first 4DX cinema company which is headquartered in South Korea, has announced that its first 4DX theater in New York City — in partnership with Regal Cinemas — will open its doors March 25 at the Regal Union Square Stadium 14, located at 850 Broadway, with the feature film "Batman v. Superman."

But are New Yorkers ready for the immersive and undoubtedly intense theater experience? Despite safety warnings and sky-high prices, theatergoers around the nation seem to give 4DX their badge of approval.

"There is no better way to watch an action-packed movie. Experiencing the seats moving, 'bullets' whizzing by you, smelling the scents. ... really added to the overall experience. It felt like being on a theme park ride for two straight hour," wrote Yelp reviewer Sagir B. on the Regal Cinemas L.A. Live Stadium page.

Another Yelp user, David L., gushed about his experience at the Gurnee Cinema."Their 4DX theater is the only in the midwest, and adds an insane amount of pop and fizz to your movie experience."

Tickets to catch a 4DX film range between $25 to $30 — almost double a regular admission ticket.

PLAMEN PEYCHEV

The Big Apple's second 4DX theater is expected to open on April 28 at the Regal E-Walk 13 located at 247 West 42nd St. — in the heart of Times Square.

"We are extremely excited to bring this immersive cinematic experience to New Yorkers. Launching in New York City is a milestone in 4DX's expansion within the United States," said Byung-hwan Choi, CEO of CJ 4DPLEX. "From the success we've seen at the box office and from the overwhelmingly positive response we've received from audiences at L.A. Live, we have no doubt that these two new 4DX theaters will soon become two of the hottest entertainment spots in the city."

New York City's theaters will be the third and fourth auditoriums in the country to host 4DX screens. CJ 4DPLEX launched its 4DX technology first at Regal Cinemas L.A. Live Stadium 14 in June 2014 in Los Angeles. Then late last year, 4DX opened a second screen in Gurnee, Illinois, just outside Chicago.

Other films that have already been screened in 4DX theaters include "Star Wars: The Force Awakens," "Furious 7," "Mad Max: Fury Road," "Jurassic World" and "San Andreas."

There are more than 30,000 4DX seats in 228 theaters in 37 countries. By the end of 2017, 4DX has a goal to be in 800 theaters worldwide.

Safety guidelines

Viewers who purchase a ticket to a 4DX film are given a set of safety guidelines. Customers are told they "enter at their own risk" and neither the movie theater nor 4DX assumes any responsibility or liability for any injuries or damages suffered as a result of watching the particular movie.

The 4DX technology enhances the onscreen visuals for viewers through the use of special effects including motion-activated seats, wind, fog, rain, lightning, vibration, snow and scents.

Auditoriums use motion-enabled chairs which create strong vibrations and sensation along with simulated weather and conditions such as lighting, rain, flashing lights, fog and strong scents.

Those who are pregnant, elderly, physically or mentally sensitive or have health conditions – such as high blood pressure, heart conditions, allergies, epilepsy or neck or back conditions – are recommended not to enter a 4DX auditorium.

Some of the safety guidelines include a height and age requirement – you must be at least 3 ½ feet tall and 4 years old – once the film has started moviegoers must remain seated at all times, all cold beverages must be in a covered container and viewers are asked not to eat or drink during "intense scenes when motion chairs will be most active."

Moviegoers are also asked not to wear any delicate clothing that could be affected by the special effects and to take measures to protect clothing against such conditions.

BRIEF

State fines Hilton Grand Vacations over $250K for violating Do Not Call Law

New York State is making sure companies think twice before picking up the phone to make a telemarketing call.

Gov. Andrew Cuomo announced Monday a settlement had been reached between the state and Hilton Grand Vacations Co. over telemarketing sales calls that were made in violation of the state's Do Not Call Law.

According to officials, calls were made to New York consumers whose phone numbers were validly registered on the Do Not Call Registry.

Hilton Grand Vacations agreed to pay $250,500 and change business practices before continuing to make calls to consumers in New York.

"New York State created the Do Not Call Law to ensure that residents who opt out of receiving promotional calls are not forced to deal with these harassing messages," Cuomo said. "This settlement will serve as a reminder that companies who violate this law will face consequences and that our administration will continue to protect New Yorkers from these unfair tactics."

A telemarketer GETTY IMAGES

The violations made by the hospitality company include about 334 unsolicited marketing calls to 133 consumers on the National Do Not Call Registry.

Along with the fine, the company also agreed to limit its telemarketing calls to consumers whose numbers are not validly registered on the registry, if the consumer has not specifically directed the company or any of its affiliates to refrain from calling. Other consumers include "Hilton HHonors" members, provided they have not asked the company to refrain from contacting them; consumers who have established business relationships with Hilton directly; and others.

The New York State Do Not Call Law — which is enforced by the Division of Consumer Protection — took effect in 2001. It allows consumers to add their landline and personal cellphone numbers to a central registry to reduce the number of unsolicited telemarketing calls.

In 2003, the Federal Trade Commission and the Federal Communications Commission came together to create the National Do Not Call Program and Registry.

Anyone who has a complaint against a business should call the Division of Consumer Protection at 800-697-1220. ANGY ALTAMIRANO

City hits record 4.29M jobs

As large investments are being made throughout the city in industries such as technology and manufacturing, officials have announced that job growth has hit an all-time high in the Big Apple.

Based on a New York State Department of Labor analysis of seasonally adjusted job numbers for January 2016, New York City has reached a record of 4.29 million jobs, according to the New York City Economic Development Corp.

The analysis added that from January 2014 through December 2015 the average number of jobs added was 249,000 — the largest two-year job gain in the city's history.

"The incredible growth we're seeing shows we can make our economy stronger and more fair at the same time," said Alicia Glen, deputy mayor for housing and economic development. "We're making strategic investments in fast-growing fields with good-paying jobs and real career pathways for New Yorkers."

This January, New York City added 35,400 private sector jobs, with the largest growth in the educational services field, according to the data.

During the 12 months ending this past January, the city gained 107,000 jobs, an increase of 3 percent — compared to the national growth rate of 2.2 percent. The strongest gains since December 2013 are in health care and social assistance, and professional, scientific and technical services.

The city's unemployment rate is also down nearly three percentage points since January 2014.

In December, the city announced it had reached a record high of 4.24 million jobs — the highest number in city history at the time. Between October and November 2015, the city added 12,600 private sector jobs.

"These numbers reflect what we're seeing on the ground. More businesses launching and growing here in New York City. More New Yorkers finding good jobs in all five boroughs," said Maria Torres-Springer, president of the New York City Economic Development Corp. "And with the de Blasio administration making major investments in industries like technology, design and advanced manufacturing, we're primed for even greater job growth in neighborhoods throughout the city." ANGY ALTAMIRANO

The job market is growing GETTY IMAGES

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RACE FOR THE WHITE HOUSE

Mexican president says won't pay for Trump wall, makes Hitler warning

Mexico's president has said his country will not pay for White House hopeful Donald Trump's proposed wall along the U.S.-Mexico border, and likened his "strident tone" to the ascent of dictators like Adolf Hitler and Benito Mussolini.

President Enrique Pena Nieto's comments, published in Monday's Excelsior newspaper, were among the most critical public comments yet by a foreign leader of the New York billionaire.

Trump, front-runner in the race for the Republican Party presidential nomination for the Nov. 8 election, has sparked outrage in Mexico because of his campaign vow to build a wall along the southern U.S. border to keep out illegal immigrants and drugs, and to make Mexico pay for it. REUTERS

President of Mexico Enrique Penña Nieto. GETTY IMAGES

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Bernie Sanders and Hillary Clinton. GETTY IMAGES

Clinton, Sanders say they can beat Trump

The two contenders cut each other off on several occasions, in a race that has been much more polite than the Republican presidential campaign.

Democratic presidential contenders Bernie Sanders and Hillary Clinton sparred in a debate Sunday over who had the best chance to beat Republican front-runner Donald Trump, and mocked the level of discourse in the Republican White House race.

Near the end of a Michigan debate that featured sharp clashes over trade and the auto-industry bailout, as well as a lengthy discussion of religion, Clinton and Sanders both said they could not wait to face the brash billionaire in the Nov. 8 election to succeed Democratic President Barack Obama.

"Donald Trump's bigotry, his bullying, his bluster, are not going to wear well on the American people," Clinton said. "We have to end the divisiveness, we have to unify the country."

Sanders said he would "love" to run against Trump and noted many opinion polls showed him faring better against him than Clinton did. He and Clinton urged voters to compare the substance of their debate with the Republican versions, which last week featured name-calling and Trump defending his penis size.

"We are, if elected president, going to invest a lot of money in mental health," Sanders said, then cracked a joke. "And when you watch these Republican debates, you know why we need to invest in mental health."

Trump frequently says he will beat either Clinton or Sanders. "I am the one person that she does not want to run against," he said of Clinton on Saturday.

The debate in Flint, which is suffering a water contamination and public health crisis, came as Sanders has struggled to slow Clinton's march to the presidential nomination. Sanders picked up some good news on Sunday with a win in Maine's caucus. REUTERS

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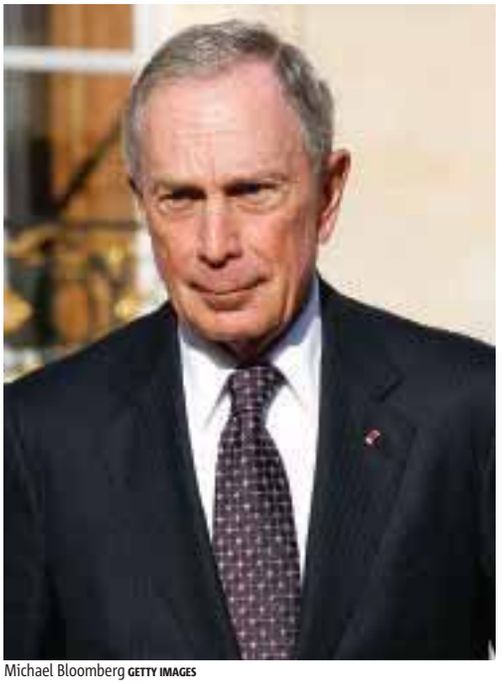
Bloomberg won't run for president

The former mayor had previously considered entering the race.

Former New York City Mayor Michael Bloomberg said on Monday he will not enter the race for president in November, because it was clear he could not win and he did not want to risk enabling a victory by Republicans Donald Trump or Ted Cruz.

Last month, the Financial Times quoted Bloomberg as saying he found the campaign discussions "distressingly banal" and considering running for president.

Bloomberg said in a online column that in a three-way race, no candidate was likely to win a majority of electoral votes, handing the choice to Congress. REUTERS



Michael Bloomberg GETTY IMAGES

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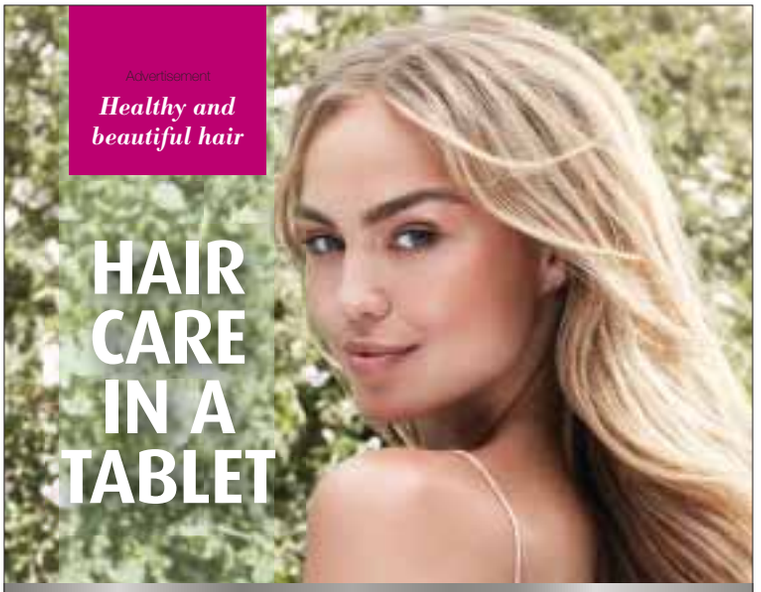

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Funeral plans set for Nancy Reagan

The first lady will be laid to rest later this week at the Ronald Reagan Presidential Library in California.

CRISTABELLE TUMOLA
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Nancy Reagan, the former first lady who passed away on Sunday, will be laid to rest later this week at the Ronald Reagan Presidential Library in Simi Valley, California, next to her husband, former President Ronald Reagan, who died on June 5, 2004, an announcement on Facebook read Monday.

Reagan, the former actress who was fiercely protective of her husband through his Hollywood career, eight years in the White House, an assassination attempt and Alzheimer's disease, died on Sunday at age 94 from congestive heart failure at her Los Angeles home.

Nancy Reagan GETTY IMAGES

"She is once again with the man she loved," her stepson Michael Reagan wrote on Twitter.

"What do you say about someone who gives your life meaning? What do you say about someone who's always there with support and understanding, someone who makes sacrifices so that your life will be easier and more successful? Well, what you say is that you love that person and treasure her. I simply can't imagine the last 8 years without Nancy," an August 1988 quote from President Reagan that was on the page said.

As part of the official events, Reagan will lay in repose at the Ronald Reagan Presidential Library on Wednesday, March 9 from 1 p.m. to 7 p.m. and also on Thursday, March 10 from 10 a.m. to 2 p.m. Funeral services will be held at 11 a.m. on Friday, and will be closed to the public.

Reagan is also being remembered in her home state of New York.

Reuters contributed to this report

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NY Fed denies breach after Bangladesh claim

Federal Reserve building GETTY IMAGES

Bangladesh's central bank said Monday its U.S. account had been hacked and money had been stolen from it, a claim that its U.S. counterpart, the Federal Reserve, denied.

Bangladesh Bank said it had traced some of the money to the Philippines and that it was working with anti-money-laundering authorities there. Some of the funds were recovered, it said.

The central bank did not say how much money had been stolen, and a spokesman declined to comment.

The New York Federal Reserve, where Bangladesh has an account along with other foreign central banks, later Monday denied its systems were breached.

"To date, there is no evidence of any attempt to penetrate Federal Reserve systems in connection with the payments in question, and there is no evidence that any Fed systems were compromised," a New York Fed spokeswoman said in response to queries about the Bangladesh claim.

The U.S. central bank's New York branch did not say whether funds had been drained from the account, or whether it was investigating the claim by its overseas counterpart.

Bangladesh's central bank has around $28 billion in foreign currency reserves. Some 250 central banks, governments and other institutions have foreign accounts at the New York Fed. Fed computers have been hacked in the past. REUTERS

BRIEF

Apple e-books price-fixing appeal rejected

The Supreme Court on Monday declined to hear Apple Inc.'s challenge to an appellate court decision that it conspired with five publishers to increase e-book prices, meaning it will have to pay $450 million as part of a settlement.

The court's decision not to hear the case leaves in place a June 2015 ruling by the New York-based 2nd U.S. Circuit Court of Appeals that found Apple liable for engaging in a conspiracy that violated federal antitrust laws.

Apple, in asking the high court to hear the case, said the June appeals-court decision that the company had conspired with the publishers contradicted Supreme Court precedent and would "chill innovation and risk-taking."

The 2nd Circuit's ruling followed a 2013 decision by U.S. District Judge Denise Cote that Apple played a "central role" in a conspiracy with publishers to raise e-book prices. REUTERS

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Kanye West tries to spin that Pirate Bay photo

ALL PHOTOS GETTY IMAGES

Remember last week when Kanye West posted a photo of a computer screen that seemed to suggest he was frequenting the file-sharing site Pirate Bay? Yeah, about that.

On his way to a flight out of LAX, West decided to stop and chat with some of TMZ's finest to clear things up: "It's obviously not my computer," he said. Obviously, right? West doesn't need to pirate things online, since — as he's clarified — he's plenty rich. It's just his business that's $53 million in debt.

Anyway: "I took a picture of it in the studio, and then everybody was like, 'Don't put that up.' I was like, 'Let it go up,'" he explained. Which honestly is just further proof that West is possibly the human being most susceptible to reverse psychology, if you're looking to get him to do something.

the word

NED EHRBAR
ned.ehrbar@metro.us

Taylor Swift and Calvin Harris share perfectly imperfect anniversary pics

Taylor Swift and Calvin Harris continue to use social media as proof that they're living their best life. What is Swift artfully filtering now, you ask? Oh, just their first anniversary. Swift shared a close-up of a vintage gold heart-shaped locket with the special day engraved in it. Then Harris took to Snapchat to share a video of him and Swift ogling a cake hand-iced with "1 year" in artfully amateurish writing, with two lopsided hearts on top. He then posted a photo of Sylvester Stallone giving a thumbs-up in front of a rainbow, with the caption "current mood." So that should give a pretty clear picture of how they're feeling. (Right?) Also, turns out Stallone has really weird thumbs. Who knew?

Carmen Electra gets a match made on reality TV

Carmen Electra is nothing if not open-minded. While doing a radio interview in Australia, she was informed about former cricket player and current "I'm a Celebrity, Get Me Out of Here" contestant Shane Warne, who recently expressed interest in dating Electra during an episode of the reality show. "I follow her on Insta and every day I go, 'Oh God, that's it, she's the one,'" Warne told fellow contestant Havana Brown, who is buddies with Electra. "She might be a fruitcake but I don't know, she might be good fun, too." (Heck, Electra could put that on her resume.)

Anyway, the former "Baywatch" star told radio hosts Kyle and Jackie O. that she's "very flattered" by Warne's comments. "I didn't know he dated [Elizabeth] Hurley, but I know he's an extremely attractive athlete, very famous in Australia," she said. So the radio hosts did what any decent people would do: They got a satellite phone out to Warne in the jungle and relayed some text-message flirting between the two, and now Electra and Warne have plans to meet up once he's back in civilization.

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Jada Pinkett Smith brushes off Chris Rock's Oscars dig

It took more than a week, but someone finally got Jada Pinkett Smith to respond to Chris Rock's joke at her expense in his Oscars monologue.

During the telecast, Rock had quipped that Smith's boycott of the Academy Awards was ridiculous: "Jada boycotting the Oscars is like me boycotting Rihanna's panties. I wasn't invited," he joked.

So what does she think about the comment? Judging by her reaction when questioned by a photographer about it, she's focusing on forward momentum. "It comes with the territory, sweetheart," she tells X17. "Hey, look, it comes with the territory, but we gotta keep it moving. We gotta keep it moving. We gotta keep it moving. There's a lot of stuff we gotta handle, a lot of stuff in our world right now. We gotta keep it moving." Is "we gotta keep it moving" the new "water under the bridge"?

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Clean beauty

Gwyneth Paltrow launches a luxe, natural skincare line.

TINA CHADHA
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Forget the health food store eye cream and put down that beeswax balm — organic beauty products just got luxe. But who's going to spend $100 on an all-natural moisturizer? "Vain people like me that want products that actually work," says Gwyneth Paltrow, with a laugh.

The Academy Award-winning actress and healthy lifestyle maven, who first got into clean living after her father was diagnosed with cancer, just released a high-performance skin care line. "I wasn't finding that efficacy in products at the health food store," she explains. "I thought there must be a way to create incredible beautiful products that are not toxic."

In partnership with Juice Beauty and named after Paltrow's successful lifestyle brand, Goop's collection of six age-defying skin care products are made with at least 70 percent certified organic ingredients.

We chatted with Paltrow about her faves in the line, her efforts in getting a clean beauty bill passed and the cringe-worthy products her daughter brings home. (Yes, even Apple can't resist some bargain eye shadow.)

What did you learn about skin care during this process?

The main thing that I learned is how shocking it is that the products I've been using my whole life are full of chemicals and carcinogens and plastics. You have this idea of clean, nontoxic beauty, but when I really start to look at what's allowed in our products, it galvanized me.

What product made you go, "Wow — we're on to something here"?

The Instant Facial. I think you're only supposed to use it two or three times a week. But I use it ev-

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ery night because I'm old and I need the regeneration [laughs]. It brings fresh skin to the surface and you feel really clean and plump.

What are your three best tips for glowing, beautiful skin?

Aside from good products: hydration, nutrition and exercise. I think without good nutrition it's very hard to have good skin. Skin tells all your secrets. I think exercise, as well. Circulation, perspiration, detoxing the skin, which is the largest organ in the body.

You've been a champion of natural beauty for so long. Any changes you'd like to see in the industry?

I would like there to be sweeping legislation reform around it. It's one of those instances of big business really exploiting the customer for their bottom line and it's really putting everyone at risk. The more you know about it, the worst you feel about it. I have a daughter and she's obsessed with makeup products. She loves those Pink body mists from Victoria's Secret, and I wish they regulated what was in it because you're talking about pre-pubescent, pubescent and post-pubescent girls who are fascinated by all this stuff, and it's full of things that are disrupting their hormones and are really toxic. The consumer now is starting to become more aware. It's a consumer-driven movement. I recently signed on with [Senator] Dianne Feinstein. She's introducing a clean beauty bill so I'm going to support her in that.

What are you teaching your daughter, Apple, about beauty?

It's tricky. I talk to her a lot about what's contained in a product. Sometimes it makes an impact on her; sometimes it doesn't. She recently she ordered a 180 eye shadow palette from China that was literally, like, $1.89 and I was like, "I don't know what to say about this, I can't imagine what's in it." But I want her to feel her own autonomy, so it's a balance. I've never been that mother that doesn't have the Goldfish and Oreos in the house, because then I know when they have freedom that's all they will eat. It's hard. I really wish it was more regulated so I wouldn't have to worry about it to the extent that I do.

Goop founder Gwyneth Paltrow wants to save your skin.

Jeremy Sisto (with Sofia Rosinsky) plays a man haunted by the spirit world in "The Other Side of the Door." ZISHAAN AKBAR LATIF

Sisto gets morbid

The onetime "Six Feet Under" actor gets even darker with "The Other Side of the Door."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Jeremy Sisto can tell you "The Other Side of the Door" isn't just about scares. "I was kind of expecting a normal horror thing — that we would be running from evil people," the actor tells us. "This one's a little more complicated."

In fact, it sounds like a drama. Sisto plays an American in Mumbai, India, whose young son accidentally drowns in a car accident. His wife (Sarah Wayne Callies, of "The Walking Dead") was the one driving and couldn't save him. Overwrought with grief, she discovers she can say goodbye to him via an old Indian ritual. In the process, she accidentally unleashes his spirit into the world, along with others, wreaking havoc.

More than most horror stories, it's about something real: grief and the sometimes dangerous limits of parental love.

"That's the great thing about horror: You can combine it with other genres. You can deal with any theme you want to," Sisto says. "And then you have this tool to make sure the audience is gripped to their seat and engaged."

Sisto is no stranger to the morbid. He spent years on "Six Feet Under," playing Billy Chenowith, the unstable brother of Rachel Griffiths' Brenda. Still, he doesn't tend to watch horror as much as he used to.

"My wife doesn't like them," he says. But he's drawn towards ones that tend to be brainier.

Does he tend to be morbid himself, given his CV? "I definitely think all life is about death," he replies. "Any moment we live, there's some kind of reflection about the one thing we all share: We're all going to die and we don't know what that means. I think most great art comes from that meditation."

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Why insurance should cover meditation

As stress continues to be linked to a myriad of health problems — and costs — insurance companies should start to look into preventive measures.

EMILY LAURENCE
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Anyone who has ever gotten a medical bill in the mail knows how expensive medical care is — both for the patient and the insurance carrier. Consider the cost for a quadruple bypass surgery: $62,500 on average, according to the American Heart Association, a number that does not include the cost of home care, medicine or followup appointments. Preventive care is the key to saving money — particularly when it comes to ailments caused by stress.

An epidemic of toxic stress

"Stress has been called the black plague of the 21st century," says Bob Roth, executive director of the David Lynch Foundation, which teaches Transcendental Meditation, a form of reflective meditation (focusing on a question, theme or mantra). According to PsychCentral, stress is linked to the six leading causes of death including heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide and 43 percent of adults have health problems because of stress.

Pricey for everyone

Stress also leads to pricey health problems, something Rebecca Palm sees regularly as the co-founder of co-patient, a service that helps consumers tackle expensive medical bills. "Health insurance costs are rising across the board, and everyone — including insurance carriers — are feeling the effects of that," she says. "On the patient side, stress can be a factor in a lot of different conditions that would make someone see a doctor. According to Forbes, workplace stress alone is responsible for up to $190 billion in annual U.S. healthcare costs."

With statistics like that, it's no surprise many people are taking efforts to manage their stress in tangible ways, such as through yoga, exercise or different types of meditation such as mindful meditation (focusing on your breath), reflective meditation or concentration meditation (with the aim of emptying the mind).

And insurance companies are doing their research, too. "Preventative care is one way of lowering health care costs by treating patients before any problems become much larger and more costly down the line," Palm says. "Providing stress-reducing benefits, whether it is covering yoga and other preventative care measures, are just a few examples of some of the innovative ways that the industry is reacting to people's needs."

Evidence matters

But don't expect to be able to cash in on anything vaguely labeled as meditative."Saying 'meditation' on its own doesn't mean anything," Roth says. "There has to be a systematic way of teaching it and evidence that it works." One way this is done, Roth says, is by studying the levels of cortisol — the stress hormone — in the body.

What about yoga and gym memberships?

Considering the myriad of studies linking exercise to lowering stress levels, is it optimistic to think that insurance will soon cover gym memberships next? Some already do. Many insurance companies have a fitness reimbursement program, covering some or all gym memberships up to a capped price, as long as you can prove you go regularly.

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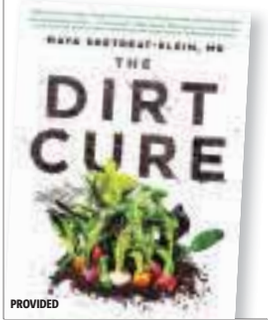
How dirt makes kids healthier

"The Dirt Cure" argues that soil is good for a child's immune system. ISTOCK

For most new parents, letting someone touch their newborn without sanitizing their hands first is a horror story. It's just something you don't let happen. This clean-is-better mentality often continues for years; many parents are hesitant to let their kids get dirty and obsessively sanitize every surface. But a new book is telling parents to stop stressing out so much.

"The Dirt Cure" by pediatric neurologist and New Yorker Maya Shetreat-Klein argues that being in nature more and eating food straight from the soil is better for a child's immune system.



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Shetreat-Klein says while many factors can cause a food allergy, growing data say more kids are allergic because we are over sanitizing them, attacking microbes and bacteria that can create an imbalance to the immune system. When there isn't a diversity of microbes in the body, immune cells start attacking food.

She also warns against foods that are too artificial, citing studies where artificial coloring made kids more hyper and was shown to disrupt their hormones. In 2010, the EU required warning labels on foods containing artificial coloring reading: "Consumption may have an adverse effect on activity and attention in children." What is good for kids: natural, straight-from-the-Earth fruits and vegetables that are high in vitamins, minerals and fiber. As many as 34 studies found that a diet rich in fruit and veggie consumption reduced asthma symptoms.

"The Dirt Cure's" bottom line: Stop worrying so much about germs. Let your kids play in nature where they are exposed to beneficial bacteria. Feed your kids nutrient-rich foods. At the very least, it's a way more fun way to live. EMILY LAURENCE

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Rangers need to tie up loose ends

The Blueshirts have plenty of questions down the stretch.

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The Rangers allowed the Isles to light the lamp six times this past Sunday. GETTY IMAGES

When it was over, the Rangers were searching for answers.

It is not the way a team wants to begin its playoff push.

"We kind of came out a little flat," Derek Stepan said after the Rangers dropped a sloppy 6-4 decision to the Islanders at the Garden Sunday night. The Rangers — who will spend this week in Buffalo and Detroit before returning home Sunday for the Penguins — are 38-22-6, but lead the Islanders by three points for second place in the Metropolitan Division. The Islanders have three games in hand.

"You have to be ready to play every single night," Stepan said.

By any applicable measure, they weren't against the Islanders.

Ten minutes into the third of four regular-season meetings between the rivals, the Islanders led 3-0 in goals and 10-0 in shots. The Islanders' start prompted Jack Capuano to say his team "dominated the first period."

Rangers head coach Alain Vigneault wouldn't disagree.

"We should give them a lot of credit. They came out real strong [and] on the counter side of that, we didn't come out the way we needed to," Vigneault said. "We had one line going tonight. You could tell they were trying but they didn't seem to have much in the tank and didn't generate a lot, other than [Eric] Staal's line, five-on-five."

Indeed, Staal, whom the Rangers acquired from Carolina in a trade on Feb. 28, finished with a goal and an assist for two points in 19:07. Staal, who centered a line with Kevin Hayes and Oscar Lindberg, had seven shot attempts, threw a hit, had a takeaway and won 20 of 22 faceoffs.

"Every game, every shift, I have been feeling more comfortable," said Staal. "I am starting to get to know the guys out there — whether it's defensemen or my linemates — and tendencies. I thought we as a line were skating really well. We were on the forecheck [and forced the Islanders into] turning pucks over and it created some offensive chances. Unfortunately, I couldn't get the first goal [as a Ranger in] a win, but I will take it and we'll try to rebound."

While the Staal line was stalwart, the trio of Derick Brassard, Mats Zuccarello and J.T. Miller was ghastly. By the end of the game, Vigneault dropped Miller to the fourth line.

It mattered little.

Even though Brassard finished with a power play goal and a point, he was minus-2 and had four giveaways. Zuccarello was minus-3 in 19:58. Miller was minus-2 in 6:35 of ice time.

"He and his linemates can do better," Vigneault said of Brassard. "[They] should do better. We need them to be better. We will analyze this game and make the adjustments we need."

Still, the question about the 2015-16 edition of the Rangers will be about their defensive approach. Against the Islanders, the Rangers yielded 32 shots on goal and attempted 60 shots.

Without Henrik Lundqvist, who was recuperating from neck spasms from a collision with Ryan McDonagh in last week's 4-1 loss to the Penguins in Pittsburgh, backup goaltender Antti Raanta was victimized by his teammates breakdowns in the neutral and defensive zones.

"[The] first period was the weirdest period in my hockey life," said Raanta, who allowed five goals on 31 shots, before Frans Nielsen added an empty netter. "Suddenly five minutes off the clock and the game is 3-0. You try to think about what went wrong and what did you do in those goals, but you just try to forget about that and keep yourself going. We got [quick goals] and then they get their fourth one [of the first period] and I was like, 'There's still six minutes on the clock and this can't be real.'

"It felt like the coldest nightmare, that kind of period where pretty much everything that goes to the net goes in."

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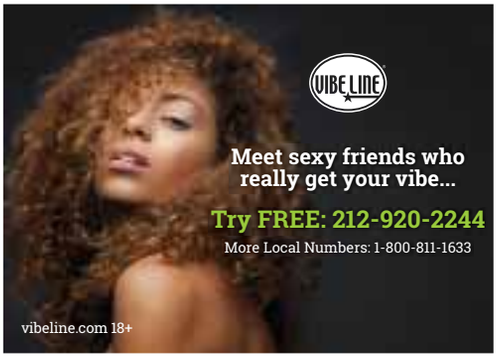

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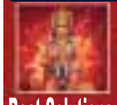

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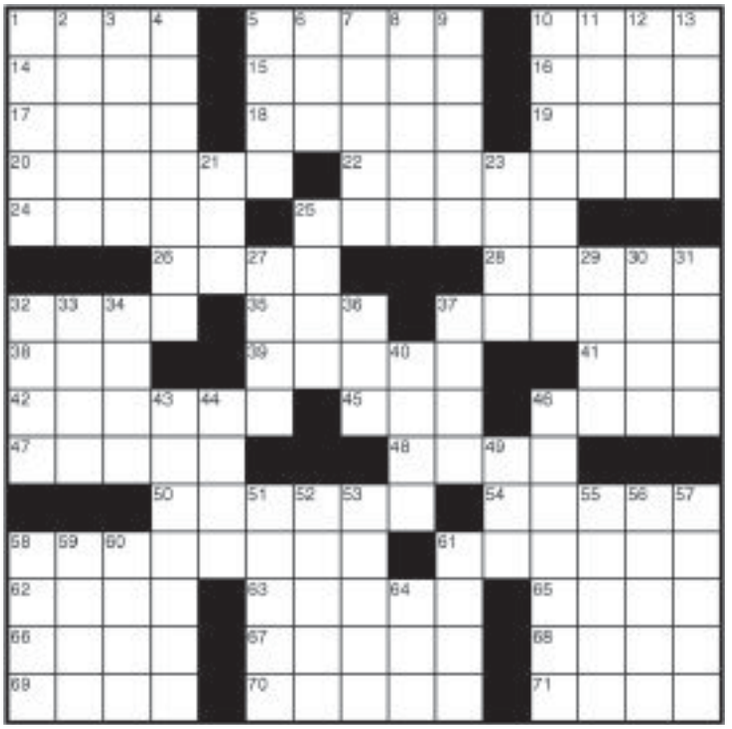

Across

1 Junkyard sign: — in peace
5 Things to crack
10 Host's plea
14 Route for Ben-Hur
15 Wielded a broom
16 Footnote abbr. (2 wds.)
17 1492 vessel
18 Nervous about verbs?
19 Ditty
20 Looks daggers at
22 Kept within limits
24 Scruggs and Hines
25 Lament
26 Franc's replacer
28 Swig down heartily
32 Wine label info
35 Comic-strip caveman
37 False
38 "— Shook Up"
39 Mind's-eye view
41 Muscle spasm
42 Cat or rat
45 — -la-la
46 Focal points
47 Aquarium scavenger
48 Kind of ant
50 Indifference
54 Ph.D. exams
58 Kind of cooker
61 Pounds
62 Sand, silt and clay
63 Duplicity
65 Breezy greeting
66 Film terrier
67 Beat around the bush
68 In addition
69 Monster-hunter's loch
70 Gave it a go
71 Heavy metal

Down

1 Car-wash step
2 Mohawk Valley city
3 Sir, in Baja
4 Shrimp boat
5 Mach 2 fliers
6 Floor
7 Thief's need
8 — salts
9 Office worker of yore
10 Entourage
11 Leave speechless
12 Barn topper
13 Implored
21 Baton Rouge campus
23 Online info
25 Derrick arm
27 Make cloudy
29 Limousine, e.g.
30 Acct. insurer
31 Points of convergence
32 Orange veggies
33 Dash
34 — mater
36 Mr. Sajak
37 Orchard produce
40 Overcast
43 Swamp gases
44 Swiss peaks
46 Melodious
49 A Stooge
51 Anything whatever
52 More genuine
53 Swiss miss
55 Like an acrobat
56 — apso
57 Bore
58 Think ahead
59 Trellis coverer
60 Chows down
61 Pesky plant
64 Size above med.

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easy

9			2					
2						7	5	9
4		8	7					1
	9	4		3				
	8		4	2	5		9	
				6		1	7	
7					8	3		5
8	3	2						7
					2			6

hard

				8	2	4	7	
		3	1	6		5		9
								6
	6	1	8					
	4	9				2	6	
					9	1	4	
5								
8		4		9	6	7		
	1	6	4	7				

metro.us/horoscopes

Aries High energy, charisma and pizzazz, coupled with know-how, insight and the fortitude to get things up and running will draw attention. Make romance a priority.

Taurus Ask and you shall receive. Let your curiosity lead the way, and share your thoughts. Love is in the stars, and showing your emotions openly will entice someone special.

Gemini Spend more time reaching your goals instead of helping someone else get ahead. Don't aim for popularity when you should aim for victory.

Cancer Emotional sensitivity will put you in a unique position. You will be able to sense what others want or are thinking, allowing you to manipulate whatever situation you face.

Leo Focus inward and do your best to explore and expand interests that will help you get ahead personally or professionally. Invest in one of your ideas and watch it blossom.

Virgo You'll get an opportunity to present something you've longed to do. Preparation is everything along with presentation. Celebrate your success with someone you love.

Libra Indecisiveness will not help you win favors or coax people to support your efforts. Get your act together before you share your plans with anyone you'd like to have on your team.

Scorpio Interacting with people from all walks of life will allow you to gather interesting data that can help give a unique twist to one of your current projects.

Sagittarius Don't let anyone coerce you into something you know you shouldn't be doing. Focus on home, family and improvements you can make to add comfort to your lifestyle.

Capricorn Surprise everyone with your creativity at work and home, but also be sure to remain grounded in practicality. Someone who has qualities that balance your life will show interest.

Aquarius With a little discipline and a whole lot of hands-on work, you will accomplish your goals and make a significant difference to people influenced by the changes you make.

Pisces You'll instinctively know what others want and what's expected of you. Reuniting with an old colleague who shares a goal with you will be prosperous. EUGENIA LAST

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